

Adult Support Groups

The Leukemia and Lymphoma Society Support Group Thursday, February 15th, 1:00-2:30pm

Bereavement Support Group Every Thursday from 2:30-4:00pm

Art and Expression Workshops

Valentine Card Making Craft Thursday, February 1st, 6:00-8:00pm

Photography Club Tuesday, February 6th, 4:00-5:30pm

Art Therapy Tuesday, February 6th, 4:00-6:00pm

Crochet and Bullet Journal Creation Tuesday, February 6th, 6:00-8:00pm

Heart Window Clings Craft Thursday, February 15th, 6:00-8:00pm

Crochet Club Tuesday, February 20th, 6:00-8:00pm

Painted Stone Cactus Pots Craft Tuesday, February 27th, 6:00-8:00pm

Health and Wellness Workshops

in the Nancy G. Hoffman Wellness Studio

Easy Cardio & Strength Tuesday, February 20th, 1:00-1:50pm

Affirmation, Imagery, and Energy Hour Every Thursday 1:00-2:00pm

Reiki Tuesday, February 20th, 2:30-5:00pm. Please call the Clubhouse at 724.221.6182 to register.

Yoga Every Monday and Friday, 10:00-10:50am

Social Activities

Movie & Popcorn Night Thursday, February 8th, 6:00-8:00pm

Valentine's Day Dinner Tuesday, February 13th, 6:00-8:00pm

Book Club-The Untethered Soul (Chapters 5-8) Thursday, February 22nd, 3:00-4:30pm

Appetizers and Chat Thursday, February 22nd, 6:00-8:00pm

Game Afternoon Tuesday, February 27th, 4:00-6:00pm

Children, Teen, & Family Programs

Kids Valentine's Heart Fest with Abby Ziegler Thursday, February 1st, 4:30-6:00pm

Spotlight Workshops

Living Life Post Cancer Treatment

Living Life Post Cancer Treatment is for adults of any cancer diagnosis who have completed treatment within the last 2 years. The free 9 week program covers the benefits of exercise, nutrition, emotional support, and medical management, and will help you bridge the gap between cancer treatment and life following cancer. Each class offers 20 minutes of exercise, a light meal, and a presentation from experts. Coming in the spring of 2018

To register or for more information please contact Colleen at 412-338-1919 or cdwyer@ourclubhouse.org

Volunteer Orientation

It is volunteers who make the daily activities of Our Clubhouse possible. Our Clubhouse welcomes individual and group volunteers to join our team.

Tuesday, February 6th, 2:30-4:00pm

For questions about our programming or to learn more about Our Clubhouse please contact Program Coordinator Christine Sumner at csumner@ourclubhouse.org or 724.221.6182

FEBRUARY 2018

Program Calendar

Westmoreland Cancer Support



We provide free cancer support for those living with cancer at any age, as well as the family & friends who care for them.

4893 Route 30 | Greensburg, PA 15601
724-221-6182 | www.ourclubhouse.org

FEBRUARY 2018

For more details or to register for an activity, visit www.ourclubhouse.org/events or call 724-221-6182

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Please check online calendar for most recent updates.</p>	<p>Our Clubhouse Westmoreland Hours of Operation</p> <p>Tuesday*: 12:30pm-8:00pm Thursday*: 12:30pm-8:00pm</p> <p>*Hours may vary depending on programming, please consult calendar. In the event of bad weather, please call ahead, check our website, or check KDKA, WTAE, or WPXI for closing status.</p>			<p>1</p> <p>1:00-2:00 Affirmation, Imagery, and Energy Hour 2:30-4:00 Bereavement Support Group 4:30-6:00 Kids Valentine's Heart Fest with Abby Ziegler 6:00-8:00 Valentine Card Making Craft</p>	<p>2</p> <p>10:00-10:50 Yoga</p>	<p>3</p> <p>CLUBHOUSE CLOSED</p>	
	<p>4</p> <p>10:00-10:50 Yoga</p>	<p>5</p>	<p>6</p> <p>2:30-4:00 Volunteer Orientation 4:00-5:30 Photography Club 4:00-6:00 Art Therapy 6:00-8:00 Crochet and Bullet Journal Creation</p>	<p>7</p> <p>CLUBHOUSE CLOSED</p>	<p>8</p> <p>1:00-2:00 Affirmation, Imagery, and Energy Hour 2:30-4:00 Bereavement Support Group 6:00-8:00 Movie & Popcorn Night</p>	<p>9</p> <p>10:00-10:50 Yoga</p>	<p>10</p> <p>CLUBHOUSE CLOSED</p>
	<p>11</p> <p>10:00-10:50 Yoga</p>	<p>12</p>	<p>13</p> <p>6:00-8:00 Valentine's Day Dinner</p>	<p>14</p> <p>CLUBHOUSE CLOSED</p>	<p>15</p> <p>1:00-2:00 Affirmation, Imagery, and Energy Hour 1:00-2:30 The Leukemia & Lymphoma Society Support Group 2:30-4:00 Bereavement Support Group 6:00-8:00 Heart Window Clings Craft</p>	<p>16</p> <p>10:00-10:50 Yoga</p>	<p>17</p> <p>CLUBHOUSE CLOSED</p>
	<p>18</p> <p>10:00-10:50 Yoga</p>	<p>19</p>	<p>20</p> <p>1:00-1:50 Easy Cardio & Strength 2:30-5:00 Reiki 6:00-8:00 Crochet Club</p>	<p>21</p> <p>CLUBHOUSE CLOSED</p>	<p>22</p> <p>1:00-2:00 Affirmation, Imagery, and Energy Hour 2:30-4:00 Bereavement Support Group 3:00-4:30 Book Club: The Untethered Soul (Chapters 5-8) 6:00-8:00 Appetizers and Chat</p>	<p>23</p> <p>10:00-10:50 Yoga</p>	<p>24</p> <p>CLUBHOUSE CLOSED</p>
	<p>25</p> <p>10:00-10:50 Yoga</p>	<p>26</p>	<p>27</p> <p>4:00-6:00 Game Afternoon 6:00-8:00 Painted Stone Cactus Pots Craft</p>	<p>28</p> <p>CLUBHOUSE CLOSED</p>			